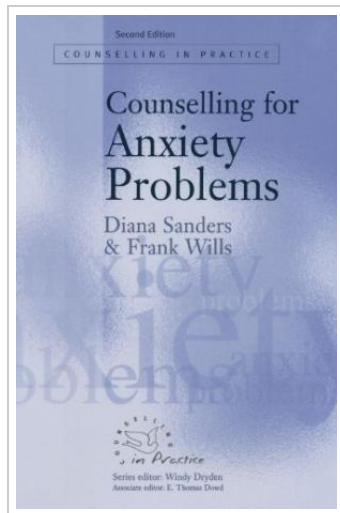




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Counselling for Anxiety Problems (Paperback)

By Diana J. Sanders, Frank Wills, Richard S. Hallam

SAGE Publications Inc, United States, 2003. Paperback. Condition: New. 2nd Revised edition. Language: English . Brand New Book. `Any cognitive therapy text which quotes from Alice in Wonderland is off to a good start - and in the case of Counselling for Anxiety Problems, it gets better and better. This is an excellent book written by counselling psychologists, aimed primarily at counselling psychologists. Diana Sanders and Frank Wills are experienced cognitive therapists, who, through various books, are performing a valuable role of building bridges between counsellors and the practice of cognitive therapists. In doing so, they lay to rest many of the misconceptions counsellors may have about cognitive therapy (often based on an 80s version of the therapy), and place particular emphasis on the central importance of therapeutic relationship in cognitive therapy, as in counselling. Their review and discussion of the anxiety disorders is comprehensive and contemporary, as indicated by the number of references from the past five years. Furthermore their clinical experience, as well as their humour, shines through. Although primarily aimed at the counselling market, it will be just as useful for therapists from a variety of backgrounds. I can thoroughly recommend this book - Amazon Review Anxiety...



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